



Carb Smart Spinach and Feta Pork Patties

with Lemony Tomato-Pepper Salad

Carb Smart

30 Minutes



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Ground Pork



Double Ground Pork



Italian Breadcrumbs



Sweet Bell Pepper



Baby Tomatoes



Baby Spinach



Feta Cheese,
crumbled



Lemon-Pepper
Seasoning



Garlic, cloves



Lemon

CUSTOM RECIPE

This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

HELLO FETA CHEESE

A salty, briny cheese with a crumbly texture!

Start here

Before starting, wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

Medium bowl, measuring spoons, zester, large bowl, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Ground Pork	250 g	500 g
Double Ground Pork	500 g	1000 g
Italian Breadcrumbs	¼ cup	½ cup
Sweet Bell Pepper	160 g	320 g
Baby Tomatoes	113 g	227 g
Baby Spinach	113 g	226 g
Feta Cheese, crumbled	½ cup	1 cup
Lemon-Pepper Seasoning	1 tbsp	2 tbsp
Garlic, cloves	1	2
Lemon	1	1
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



1 Cook spinach

- Finely chop **half the spinach**.
- Heat a large non-stick pan over medium heat.
- When hot, add **chopped spinach** to the dry pan. Cook, stirring often, until wilted.
- Transfer to a paper towel-lined plate to cool slightly.



4 Cook patties

- Reheat the same pan (from step 1) over medium.
- When hot, add **½ tbsp oil**, then **patties**. (**NOTE:** For 4 ppl, cook patties in 2 batches, using ½ tbsp oil per batch.) Pan-fry until cooked through, 3-4 min per side.**
- Transfer to a plate, then cover to keep warm.



2 Prep

- While **spinach** cools slightly, core, then cut **pepper** into ¼-inch slices.
- Halve **tomatoes**.
- Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut **any remaining lemon** into wedges.
- Peel, then mince or grate **garlic**.



5 Make salad

- Meanwhile, add **lemon juice** and **1 tbsp** (2 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **tomatoes, peppers, remaining feta** and **remaining spinach**, then toss to combine.



3 Form patties

- Add **breadcrumbs, cooked spinach, Lemon-Pepper Seasoning, lemon zest, garlic** and **half the feta** to a medium bowl. Add **pork**, then combine. (**TIP:** If you prefer firmer patties, add an egg to mixture!)
- Form **mixture** into **eight 2-inch-wide patties** (16 patties for 4 ppl).

If you've opted for **double pork**, add an **extra ¼ tsp** (½ tsp) **salt** to the **pork mixture**. (**TIP:** If you prefer firmer patties, add an egg [2 eggs for 4 ppl] to mixture!) Form into **sixteen 2-inch wide patties** (32 patties for 4 ppl).



6 Finish and serve

- Divide **pork patties** and **lemony tomato-pepper salad** between plates.
- Squeeze a **lemon wedge** over top, if desired.

Dinner Solved!



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